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# NEIGHBORLY AIDE

70/2002



The story takes place every day . . . in low-income households in every State. An aide arrives at the home, greets the homemaker, and talks to her about nutrition.

The AIDE may use a small flip chart, filmstrip projector, publication, or other teaching tool to demonstrate a point. She may demonstrate how to plan a nutritious, economical meal, or teach the homemaker how to manage her money or food stamps to provide a more adequate diet. She might help the homemaker learn how to garden and preserve food. Or, to figure out better, more sanitary ways to store food.

Homemakers who receive this kind of help are enrolled in the Expanded Food and Nutrition Education Program (EFNEP), which is ad-

ministered by the U.S. Department of Agriculture's Extension Service. The paraprofessional aides—who mostly live in the communities in which they teach—are recruited, hired, trained, and supervised by Extension home economists.

For 5 years now, EFNEP has been in operation, reaching hard-to-reach low-income families through the one-to-one or small group teaching of aides. More than 900,000 low-income families have enrolled in the program and improved their diets.



ON THE COVER: An aide drops in for a friendly visit with one of the homemakers with whom she works. A major part of the Expanded Food and Nutrition Education Program is informal, one-to-one instruction (0474F561-22). **TEACHING THE TEACHERS** (above): Aides receive nutrition training from an Extension home economist. Then the aides take the knowledge, along with the visual aids, to their homemakers (0474D466-27A). **NEW IDEA** (right) in a nourishing recipe is demonstrated by an aide to a young mother. Aides show homemakers how to prepare a variety of appealing, well-balanced meals on a tight budget (0574X619-7).



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Currently, 8,000 aides work in 1,500 sites across the country. But, over the 5 years of EFNEP, more than 22,000 aides have been employed. For many, this was the first job and they seized the opportunity to further their schooling. With Extension training and high school diploma in hand, many aides have gone on to other jobs. Their success stories are an important part of the EFNEP story.

In 1970, 4-H youth from depressed city areas also began to receive nutrition education. Over 110,000 volunteers—many who are former

program homemakers—do the teaching. They have taught over a million 4-H youth.

EFNEP is just one of the U.S. Department of Agriculture's Extension Service programs. But, it's an important one. Everyone has a stake in the well-being of low-income families. Better diets are one step along the road to better lives.



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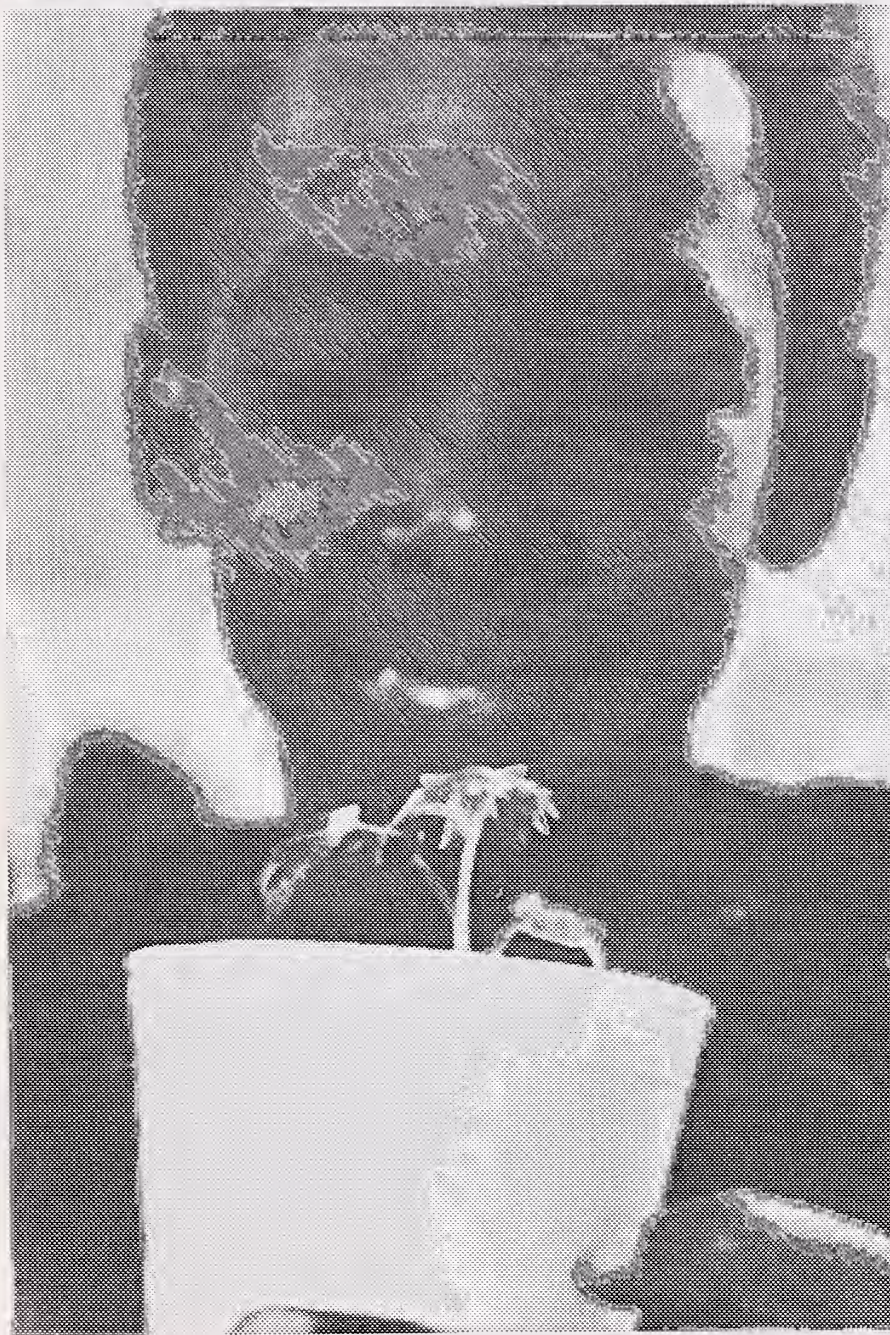
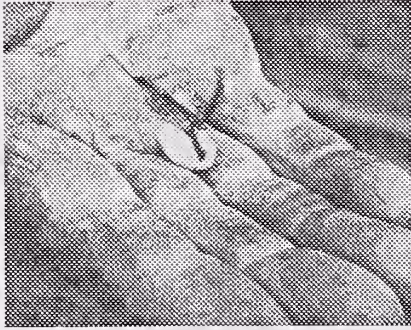
SAVING NUTRIENTS (left): Washing and cooking greens using a minimum amount of water retains more nutrients in the food. An aide demonstrates the procedures (0474D465-24). CAREFUL SHOPPING (above). An aide shows a homemaker how to select the most nutritious, economical buys for her food dollar (0474D425-16).

USDA photos by Russell T. Forte and Murray M. Berman

## Learning the Rewards that Come from Living Things . . .



An aide encourages a family to grow a garden that will provide extra food for the table (0474F571-3). A sprouting seed—the first sign of what is to come (0574F565-7). Youngsters in 4-H, with an aide's help, also learn the magic of growing something edible—a tomato (0474F564-1A; close-up 0474F566-14A).



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